Source: COMDTINST 6100.1, June 2026
Last verified October 21, 2026

COAST GUARD PFT QUICK REFERENCE

Events, passing standard, categories, and the minimum result for each event by age group.

EVENTS, IN ORDER

- **Push-ups:** correct reps in 1 minute
- **Forearm plank:** time held in proper position
- **Cardio:** 1.5-mile run/walk (course or treadmill), 2,000-meter row, or 500-yard or 450-meter swim

PASSING AND CATEGORIES

- At least 45 points in all three events
- **Superior:** 90 to 100 **Excellent:** 75 to 85
- **Above Average:** 60 to 70 **Average:** 45 to 55

MINIMUM TO PASS (45 POINTS), BY AGE GROUP

Men

Event	17-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65+
Push-ups (1 min)	30	30	27	24	21	18	15	12	12	11	11
Forearm plank	1:11	1:10	1:09	1:07	1:06	1:05	1:03	1:02	1:01	1:00	0:58
1.5-mile run/walk	12:45	13:30	14:00	14:30	15:00	15:30	16:08	16:45	17:09	18:52	20:35
2,000-m row	9:20	9:25	9:30	9:35	9:40	9:45	9:50	9:55	10:00	10:05	10:10
500-yd swim	12:45	13:00	13:08	13:15	13:23	13:30	13:38	13:45	13:55	14:05	14:15

Women

Event	17-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65+
Push-ups (1 min)	15	15	14	11	10	8	7	6	5	4	4
Forearm plank	1:01	1:00	0:59	0:58	0:56	0:55	0:54	0:53	0:52	0:51	0:50
1.5-mile run/walk	15:00	15:30	16:08	16:45	17:00	17:15	17:23	17:30	18:34	19:43	20:52
2,000-m row	10:40	10:45	10:50	10:55	11:00	11:05	11:10	11:15	11:20	11:25	11:30
500-yd swim	14:15	14:30	14:45	15:00	15:15	15:30	15:38	15:45	16:00	16:15	16:30

Score your PFT
militaryfitness.org/coast-guard-pft-calculator/

Veteran career resources
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